

# The Wobble Report



BECAUSE BALANCE ISN'T ALWAYS A STRIGHT LINE

## Who we are

Balance Aotearoa is a lived experience-led organisation committed to transforming mental health and addiction systems through peer support, advocacy, and co-design. Rooted in the values of whanaungatanga, manaakitanga, and equity, We champion community-led solutions that honour diverse voices and lived realities. Our mahi spans H peer support, Conversation Cafe's, peer support at Hope & co. advocacy, group support and facilitation and inclusive events - all designed to foster connection, reduce stigma, and uphold the mana of those navigating mental distress.

We believe in the power of storytelling, tactile design, and playful engagement to create spaces where people feel seen, heard, and valued. Whether through peer-led workshops, national submissions, or sensory-rich community events,

## May Highlights

May had our Lived Experience (LE) Advisor busy and on the move, with mahi in multiple cities around the mōtu. You may have seen the National Representative Body mahi that our LE Advisor was doing, along with the new Mystery Debunked series that we've been putting out.

The General Manager Role was advertised over May and has now closed and will go into the rest of the process in the coming weeks.

We've welcomed a mix of familiar faces and new whānau through the doors, with lots of gentle kōrero, creativity, and connection as people settle in from the cold. at Hope & Co.

June will bring a few new resources, more Mystery Debunked topics, and some cosy winter-friendly activities at Hope & Co.





Skill to work on this month



# Worry Time

## What it is:

A simple strategy where you set aside a small, specific window each day (5-10 minutes) to let your worries have your full attention - and outside that window, you gently postpone them.

It's not about ignoring your feelings. It's about containing them so they don't take over your whole day.

## Why it matters:

- Reduces overwhelm: Your brain relaxes when it knows there is a time to think about things - just not right now.
- Stops spiralling: Postponing a worry interrupts the loop and gives you space to choose what you want to focus on.
- Supports emotional regulation: Containment is a core trauma-informed skill - it creates safety without suppressing feelings.
- Builds trust with yourself: You're not avoiding your worries; you're organising them. That's a very different thing.
- Works for busy brains: It's structured, predictable, and doesn't require calm, positivity, or long stretches of focus.
- You can frame it as: "You don't have to stop worrying - you just don't have to do it all day."

## HOW?

- 1** Choose your time: Pick a 5-10 minute slot each day (e.g., 4:30pm).
- 2** Capture the worry: When a worry shows up, write a quick note - one sentence is enough.
- 3** Postpone it: Tell yourself, "I'll come back to this at worry time."
- 4** Use your worry time: Look at your list. Let yourself think about each item briefly.
- 5** Close the container: When the time is up, stop. You can come back to it tomorrow.



# Balance Groups

Balance Aotearoa offers a variety of Peer-led groups over the week in a range of places across the Whanganui area.

**ALL of our groups are FREE and open to anyone!**

Our groups are co-designed based of consumer feedback through feedback forms, Kōrero and our monthly members hui's. Any and all feedback is both welcomed and actively encouraged. These groups are meant to benefit as many of our community as possible, so share the news around and give something new a try.

If you're feeling a bit anxious about turning up on your own, you are more than welcome to bring a support person, kaimahi, friend, whānau member along with you, or alternatively reach out to our peer team and ask for some peer support to come along.

**We hope to see you around**

Monday	9:30am - 12pm	Hope & Co. Warm Cafe 63A Ridgway Street	<b>Magic Monday's:</b> After careful consideration our monday group is changing a litte, instead of 2 seperate groups we are doing 1 slightly longer group with a bigger focus on the skills we require for living a wholesome, fulfilling life.
Tuesday	NO GROUPS		Closed
Wednesday	1-2:30pm	Whanganui Learning Centre - 232 Wicksteed St	<b>Resiliency 101:</b> An open course exploring our values, beliefs, goals, wellness tools, communication skills, resilience, self-confidence, relationships, and much more. New topics are covered each week.
Thursday	9:30am - 11am	Splash Centre	<b>Splash Centre:</b> Your chance to have a swim, gym, sauna, spa. An I.D card is necessary for free entry, contact Lynn or Balance on <a href="mailto:info@balance.org.nz">info@balance.org.nz</a>
	11am - 4pm	Level 2, 76 Guyton Street Whanganui Creative Space	<b>Artistic Expression:</b> Join our art tutor and our crafty, arty staff. Start something new, bring your own project, get artistic guidance, or simply make some artistic friends.
Friday	10am - 12pm	Hope & Co. Warm Cafe 63A Ridgway Street	<b>Piki Ake - Keep rising.</b> A commitment based 10 week addictions program open to people with any form of addiction.
	1:30pm- 2:30pm	Hope & Co. Warm Cafe 63A Ridgway Street	<b>Sharing Circle:</b> A relaxed group where we share what's on top for us in our mental health journey and life in general.

# Group Content Month: June 2026

## Magic Mondays

- 1.6.26: CLOSED for Kings Birthday
- 8.6.26: Pizza party + Meditation
- 15.6.26: Procrastination + Meditation
- 22.6.26: Boil up + Meditation
- 29.6.26: Future Planning + Meditation

## Resilience 101

Whanganui Learning Centre

- 3.6.26: Continuation of Personal Strengths & Meaning Making
- 10.6.26: Self-Love
- 17.6.26: Stress Responses and Tools for your Kete
- 24.6.26: Eating for Mental Health

## Piki Ake

10-12pm Fridays  
63A Ridgway Street

Structured Addictions Support  
Group

## Artistic Expression

BYO project to work on or start something new.

Working on Portfolios for the show at the end of the year

## Sharing Circle

Listen and share with peers

Fridays  
1:30-2:30pm

Hope & Co. Warm Cafe  
63A Ridgway Street

## Other

**Splash Group** - Thursday mornings, you need your Balance ID to get in  
9:30-11am

# Date's to remember

Important things coming up in June

Every Wednesday - Journaling at Hope & Co.

Every Friday - Crafty Fridays at Hope & Co.

June 20<sup>th</sup> - Winter Solstice

Members Hui - THIS MONTH 9.6.26

Pride Week June 14<sup>th</sup> - 20<sup>th</sup>

Have anything coming up in a specific month that you would like added to this section of the newsletter?

Get in touch to have it added.



Unscramble the mixed up words to find some wellness related terms

- 1. CAML
- 2. ROYWR
- 3. JOY
- 4. AERGN
- 5. EPOH
- 6. TDREI
- 7. URDPO
- 8. EWOMVHDELER

# Group of the month



When: Fridays 1:30-2:30pm

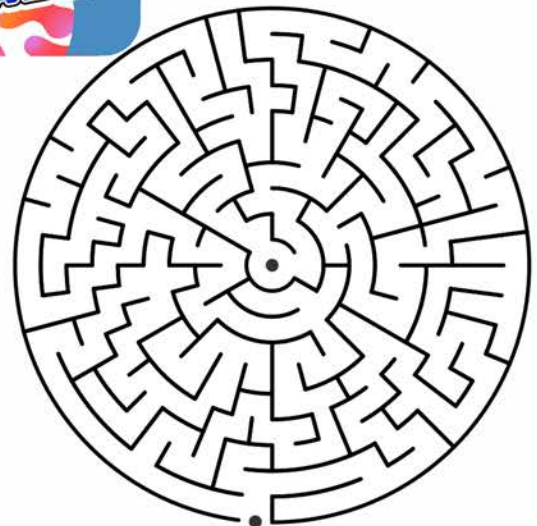
Where: Whanganui Learning Centre

The Sharing Circle is a calm, welcoming space to talk about what's on top for you - in your mental health journey, your week, or life in general. There's no pressure to share anything deep or polished; it's simply a place to be heard, to listen, and to sit with others who get it.

Each session flows naturally from the people in the room. Some weeks feel light, others more reflective, but every conversation is held with care, respect, and a sense of community. You're free to speak, to sit quietly, to reflect, or to just breathe for a while. However you show up is enough.


**If you're looking for connection, a gentle place to check in, or a supportive group where you don't have to pretend you're fine, The Sharing Circle is a beautiful place to land.**

**Pop in whenever you're ready - no need to register**




# What's on Top

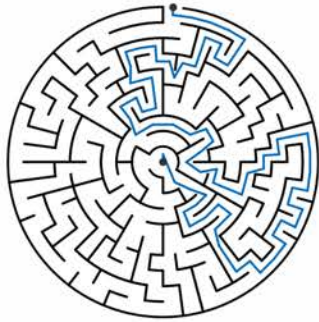
What's on top for Balance Aotearoa this month.

 We are in the process of a full group review to ensure that our groups and the content we offer to the community align with our kaupapa, the strategic plan for Balance and the needs of the community.

Part of this process will include tāngata whaiora input. We will be in touch this month with a selection of people who utilise the groups and members who don't to gather a variety of perspectives on what is and isn't working.



 We have our quarterly members' hui this month, this is where we invite all members to come along and have a look over reports from the facilitators of the different groups and the management about the previous quarter, and any plans for the coming quarter. This is the members chance to give feedback on the last quarter and suggestions on what they would like to see in the coming quarter.



OVERWHELMED	8.EWOMVHDELEER
PROUD	7.URDPO
TRED	6.TDREI
HOPE	5.EPOH
ANGER	4.AERGN
JOY	3.JOY
WORRY	2.KOYWR
CALM	1.CAML



## Contact

Want to get in touch?

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Opening Hours:

Monday to Friday 9am - 5pm

<https://www.balance.org.nz/>



Peer Support and Advocacy